

Potatoes make a delicious main meal or interesting side dish

Weight Watchers' advice counters Atkins diet fad

News Release

Found in many different colors, sizes, tastes, and textures, fruits and vegetables are a versatile, fresh, and delicious way to liven up any meal. To champion the importance and the dietary benefits of nature's food group, Weight Watchers is launching Pick of the Season, a public health initiative spotlighting seasonal fruits and vegetables with nutrition information, meal planning tips, and delectable recipes incorporating a "pick of the season."

Weight Watchers is distributing this information in its meeting rooms, as well as in its magazine and on its web site. Fruits and veggies are vital to health and well-being and are a great food choice whether you are trying to lose or just manage a healthy weight.

As one of the eight habits crucial to a healthy and well-balanced diet, Weight Watchers recommends eating

at least five servings of fruits and vegetables a day. They are abundant, economical, and provide many of the nutrients needed for a healthy lifestyle without all the fat and high calories. In fact, many fruits and vegetables are associated with lowering the risk of cardiovascular disease, as well as cancer.

"Fruits and vegetables are essential to a healthy lifestyle that includes of all food groups," said Maria Walls, senior nutritionist at Weight Watchers International, Inc. "Wholesome produce can be easily integrated into meals, bulk up main dishes, and make a great travel companion for those on the go."

In winter, what could be a better "pick" than the potato — a highly versatile, affordable and seasonal staple in many households. Potatoes are a great source of dietary fiber and contain between 10 and 20 percent of the U.S. Department of Agriculture's recommended values of vitamin C and iron. In addition, potatoes contain significant amounts of folate and calcium, both essential dietary requirements.

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Maria Walls

Besides their nutritional value, potatoes also lend remarkable variety to a healthy and well-balanced diet. Potatoes come in many varieties, including russet, Yukon gold, baking potatoes, and round red or white potatoes. Whether baked, mashed, or even julienned, potatoes can be part of a delicious main meal or can spruce up any eating occasion as a side dish.

To help you include the potato and its benefits in your diet, Weight Watchers offers two recipes that keep your spud from being a dud.

Leek and Golden Potato Soup

Makes 6 Servings

4 Yukon gold potatoes, peeled and cut into 1/2-inch pieces
4 large leeks (about 2-1/2 pound), white and pale green parts only, cleaned and chopped
1 large onion, chopped
5 cups fat-free, low-sodium chicken broth
1/4 teaspoon freshly ground pepper

1. Combine the potatoes, leeks, onion, chicken broth and pepper in a large pot and bring to a boil. Reduce the heat and simmer, covered, until the vegetables are tender, 22-25 minutes. Remove from the heat and let cool for 10 minutes.
2. Transfer the mixture to a blender and puree, working in batches, if necessary, to prevent overflow. Divide the soup among 6 bowls and serve.

Recipe from Weight Watchers Take 5: 150 five-ingredient recipes.
(c) 2003 Weight Watchers International, Inc.

Idaho Fries with Vinegar

Makes 4 Servings

4 (5-ounce) Idaho potatoes, scrubbed
1 tablespoon olive or vegetable oil
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
2 tablespoons malt or white vinegar

1. Adjust the oven rack to the lowest position in the oven. Preheat the oven to 450/F.
2. Cut the potatoes lengthwise into eighths to form wedges. Toss the potatoes with the oil on a heavy baking sheet or jelly-roll pan, and arrange them flat in a single layer. Bake the potatoes without turning, until the bottoms are deep golden and crisp, 20 minutes; turn the potatoes to the opposite cut side. Bake 10 minutes more until crisp. Remove from the oven and immediately sprinkle with salt and pepper, then the vinegar. (You can also serve the vinegar in a small bowl on the side, for dipping.)

Recipe from Weight Watchers Greatest Hits: 250 Classic Recipes from the Sixties to Today.
(c) 2003 Weight Watchers International, Inc.



Jason Kaye

Yelm Cinemas at Prairie Park is a major draw for the area and offers the latest from Hollywood and independent film makers in a state-of-the-art setting.

Prairie

Continued from Page B1

The initial phase will include Little League baseball field, soccer field, outdoor basketball court and partial development of a recreational trail.

On the other side of town is a slightly

more unusual park. Located near the fire station on Mill Road is Cochrane Memorial Park. The park also serves as a water reclamation facility and is located on 8 acres, half of which are wetland cells that serve as filters for wastewater. There is a 3/4 acre pond which serves as a catch and release pond for rainbow trout. The water that runs through the park is not safe to drink but is used by the city for

irrigation, bus washing and firefighting. While the thought of a park filled with reclaimed wastewater may not sound appealing, the park makes for a relaxing stroll and is populated by mallard ducks and red-winged blackbirds.

If a walk in the park isn't your style Yelm offers two types of theater experiences. The Drew Harvey Theater offers community based plays and musicals for

children and adults and is located at 102 Yelm Avenue East. Yelm Cinemas at Prairie Park, located at 201 Prairie Park Street, offers the latest from Hollywood and independent film makers in a state-of-the-art setting.

The town also hosts Prairie Days during the first weekend in July. It's Yelm's biggest draw and features a parade and carnival.

Museum

Continued from Page B1

"Most of this collection is donated by community members," said Wind. The Museum also has temporary exhibits on loan from local community members. March will feature a special Ancient African Coin exhibit.

Along with art, The African American Museum also offers a wide variety of programming through music, dance, film and literature, to commemorate annual heritage and cultural celebrations such as Juneteenth, Kwanzaa

and Dr. Martin Luther King Day.

"In addition to annual events, right now we are offering an 'open mic' comedy, poetry night on Wednesdays at 7 p.m. — and every second and fourth Friday is Jazz night at 7pm," said Wind.

To keep these programs going the Museum relies heavily on volunteers.

"The revenue alone doesn't support this Museum. Volunteers are essential to an organization such as this one," said Walker.

Volunteers are used for fundraising, marketing, membership drives and working the gift shop.

The African American Museum is dedicated to increasing public awareness and an understanding of African and African American art. School tours and a hands-on traveling trunk are among the ways in which the museum tries to educate children.

"Every culture has art and the youth need to see it," said Walker.

For more information about the Museum, or if you want to volunteer, call 274-1278 and speak with John or Gwen.



Staff Sgt. Terry Karney

Some of the junior soccer players show their skills during an early season scrimmage.

Soccer

Continued from Page B1

Elsewhere, older kids are practicing, with more grace and experience, but the five and six year olds are still pretty new to the game, so this is about all the practice they will do before they start to play this year's first game.

Five year old, Delaney Gonas, is spending the time talking with her friends, "She just like the aspects of it. She could care less about the game," said her father, George Gonas.

Which seems true for about half the kids on the field. After the coin toss, and the decision on who gets the ball first the

game is a, mostly, disorganized scramble, wherever the ball happens to be.

The Tigers are better than the Cheetahs, but that, said their coach, Yvonne Coombes, is because, "some of them have played together for years." Which is probably why they managed to shut out the Cheetahs.

That didn't seem to matter much to the parents, who could be overheard talking to each other, "As long as they're all playing, and having fun, we're all right," one of them said.

And they did seem to be having fun. They knew they were losing, but that didn't have them down, they were laughing, and running, and kicking after the ball, wherever it went.

At half time they got oranges and

encouragement,

"Just play as hard as you can."
"Don't worry, just have fun."

So they went, yelling and tumbling, back to the field, where the sun had gone back behind the clouds. Cassidy Ebbing was standing in goal, with her sleeves hanging past her fingers.

"Do you want your sleeves rolled up," a parent asked.

"No, my hands get cold," she said.

At the end of the game, they passed across the field, smiles and laughs, under one arch of parents' arms, talking to each other as they headed toward, and through the arch on the opposite side, and then chasing each other in a game of tag, which looked a lot like the game just finished, without the ball.

New Web site to list services available for troops, family

List to show facilities available for Soldiers on OIF, OEF

News Release

DALLAS — The Army and Air Force Exchange Service has launched a new Web site to provide deployed troops and family members with information regarding support downrange. The "Serving Troops Downrange" site can be accessed at <http://www.aafes.com/downrange/home.htm>.

The site was developed to provide troops, command and family members with an opportunity to see what kind of PX or BX facilities are available at downrange locations throughout Operations Iraqi and Enduring Freedom. The site includes important information regarding services and benefits available to deployed service members and their families.

"We have communities preparing for deployments and the local commands are asking what kind of exchange facilities the troops can expect," said Maj. Gen. Kathryn Frost, AAFES commander.

"With this new site, military units and family members can be better informed concerning AAFES support when facing deployment," she added.

The site includes exterior and interior views of contingency facilities with complete information about food and service operations currently available at each location. The main page contains two drop-down menus. One lists specific regions and all AAFES sites within. The other menu offers links to important deployment information such as the best value for calling home, Star Card deployment policy and downrange stock assortment.

"I think many people wonder what it's like downrange, and even though this site can only provide a brief glimpse of OIF, OEF PX and BX operations, it offers a good introduction to the support AAFES can supply during deployment," said Marilyn Iverson, Chief Operating Officer, AAFES.

The Army & Air Force Exchange Service is a joint command of the U.S. Army and U.S. Air Force, and is directed by a Board of Directors that is responsible to the Secretaries of the Army and the Air Force through their Chiefs of Staff.

AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation programs. To find out more about AAFES' history and mission or to view recent press releases please visit our Web site at www.aafes.com/pa/default.

Overnight camping adventures scheduled for Northwest Trek

Northwest Trek

EATONVILLE — Northwest Trek Wildlife Park will hold five overnight camping adventures during July and August for families, children and couples who want a true outdoor experience that's full of activities and wildlife. Lie in your tent at Trek's Alder Acres and listen to chirps, croaks, hoots and snores. Campfire treats, behind-the-scenes adventures, a guided tram tour, crafts and stargazing make this summer camp a unique adventure. A hearty breakfast in the park's cozy Fir Bough Café is included.

Guests must provide their own tents, sleeping bags and gear. The café will be open for dinner or guests can bring their own cooking supplies. Open-fire grilling subject to burn ban regulations.

Call (360) 832-7166 or e-mail reserve@nwtrek.org for information.